

scared

Posted by need help - 20 Jun 2011 19:22

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hi guys im a bocher i have a pretty decent name and in shidduchim i have a problem acting out for years already i was just spotted by a bocher i know faintly in a internet cafe he was also there im pretty depressed about it who knows maybe he is a cousin of my kallah to be i need chizuk help advice

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Re: scared

Posted by jewishguy - 20 Jun 2011 19:30

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Just wondering how can a Boucher have a good name and be spotted in an Internet Cafe?

No need to be scared about the Kalah's Cousin, My assumption is he was not there to check on the stock market or to find a new ice cream recipe, rather be scared that you might not have the strength to overcome and stop you "addiction"!

I am a big talker, I am only clean for 4 days now, however it is very easy to see other's shortcoming with clear 20/20 vision.

Keep it up!

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Re: scared

Posted by laagvokeles - 20 Jun 2011 19:45

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oh no need to worrie, he is scared u gonna be his kalahs cousin (he was also there, no? )

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Re: scared

Posted by musicman - 20 Jun 2011 21:30

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All it takes is one moment like that, otherwise known as H' giving you a little hint, to put you in the right direction. You've certainly come to the right place for help. Here's the welcome package, and you're encouraged to read every last bit of it. It will help.

## **Welcome to our community, you have finally come home!**

Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

[GYE Program in a Nutshell](#): (Right Click the link and press "Save Link/Target As" to save the PDF file to your computer).

'Guard Your Eyes' offers a unique approach to helping people by recognizing that there are many different levels in the struggle for "*Shmiras Ainayim*" and "*Shmiras Habris*". After studying the experience of hundreds of religious strugglers over the past few years, we put together the suggestions and recommendations that we feel are best for the various levels. We divided the tools, features and services that GYE offers into 8 different levels. This "[GYE Program in a Nutshell](#)" can help people quickly identify at what level of the struggle they are at, and which tools and features would help them most at their particular level.

We're all in the same boat here. *Tzuras Rabim Chatzi Nechama*

### **Here are some quick things you can do to help you jump straight into recovery:**

1) Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best – and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information... We also **highly advise** installing "Reporting Software" such as [webchaver.org](http://webchaver.org) to give you some accountability, because filters alone are usually not sufficient and they can often be bypassed.

2) Join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day.

3) Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#).

4) Post away on this forum! You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you **get out of isolation!**

5) GuardYourEyes also offers many free anonymous phone conferences where you can join a group of other frum Yidden, along with an experienced sponsor. See [www.guardyoureyes.org](http://www.guardyoureyes.org) > Tools > Phone Conferences for many different options. Our conferences are taking place every day, morning, noon and night... Joining a phone group would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps – which is known to be the world's most powerful program for beating addiction having helped millions world wide, but the daily call will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

6) If you need more general guidance, write to our e-mail helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call our hotline at 646-600-8100.

7) Download and read the "[Guard Your Eyes Handbook](#)". This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "**Attitude & Perspective**", details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

The second part, "**The 18 Tools**", detail suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. No matter what level our

addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

**May Hashem be with you!**

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Re: scared  
Posted by Kedusha - 20 Jun 2011 21:44

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Welcome, NH!

Imagine for a moment that no one saw you (other than the RBS"O, of course, which is no small thing). Is all well, or is something wrong with this (unfortunately, not uncommon) picture?

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Re: scared  
Posted by ninetydays - 22 Jun 2011 14:58

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This is just a first taste of what is to come if you dont stop.. TRust me.. If you dont stop and you continue after you get married (which does not cause you to stop) and have kids!! Imagine your kid catching you at 3am on a webcam with some cheap zona!!

Consider this a taste for what is in store for you if you dont quit!!

Please post away.. We are all here to help you!

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